

October 1, 2009

## 2009 NORTH AMERICAN LITHUANIAN SWIMMING CHAMPIONSHIPS

1. The 2009 North American Lithuanian Swimming Championships will be conducted by the Lithuanian Athletic Club "Zaibas", on Saturday, October 17, 2009 at Godfrey Pool of Hawken Lower/Middle School, 5000 Clubside Road, Lyndhurst, Ohio.
2. This is a short course (25 yd.), 6 lane pool. All events are in yards.
3. Division and events are as listed below:

MEN'S & WOMEN'S MASTER'S (25 years and above): 50, 100, & 200 Freestyle, 100 Backstroke, 100 Breaststroke, 100 Butterfly, 200 Individual Medley.

MEN'S & WOMEN'S OPEN (17-24 years): Same as Master's Division.

BOYS & GIRLS 15 -16 YEARS: Same as Master's Division.

BOYS & GIRLS 13 -14 YEARS: Same as Master's Division.

BOYS & GIRLS 11-12 YEARS: 50 Free, 50 Back, 50 Breast, 50 Fly, 200 I.M., 200 Freestyle.

BOYS & GIRLS 9 -10 YEARS: 50 Free, 50 Back, 50 Breast, 50 Fly, 100 I.M.

BOYS & GIRLS 7 - 8 YEARS: 25 Free, 25 Back, 25 Breast, 25 Fly, 100 I.M.

BOYS & GIRLS 6 & UNDER: Same as 7-8 division.

4. **Start time:** 1:30 pm registration and warm-ups. Meets starts 1:45 pm.
5. **Competitor's age** on the day of the meet will determine his/ her division level.
6. **Entries:** Each competitor may enter no more than 4 events. Any age group swimmers may also enter OPEN division, but no more than 4 events combined. Relays do not count as events.
7. **Master's & 15-16 Swimmers** are eligible to place in Open division standings without being charged with additional events provided they compete together.
8. **Eligibility:** Open to any swimmer of Lithuanian descent. LAUNA 2009 membership requested.
9. **Entry Fee:** Final fee with registration will be accepted at site. \$2.00 US flat fee per swimmer in 11-12 and younger divisions; \$5.00 US flat fee for all other divisions, regardless of number of events entered. Make checks payable to LSK ZAIBAS.
10. **Order of Events:** 200 yd. freestyle, 200 yd. I.M., followed by 25 yd free for 6& under and 7-8 division; then 50 yd free for 9-10 division and older; then backstroke, butterfly, and breaststroke events starting with 6&under division; finally 100 free for 13-14 division and up. 4X50 Free and Medley relays conducted if there is a desire. Format of meet subject to change.
11. **To Enter:** Complete "Official Entry Form" and submit via email or call Philip Taraska.
12. **Contact Info:** Philip Taraska, cell: (440) 944-6112; email [ptaraska@yahoo.com](mailto:ptaraska@yahoo.com)
13. **Cancellation:** All entrants will be informed, if necessary, of any changes to the schedule.

-LAUNA EXECUTIVE BOARD